

SPRING 2023

GROUP EXERCISE NEWSLETTER

Did You Know?

The key to losing weight is reframing your diet mentality toward healthful living and better nutrition without sacrificing your favorite foods or compromising taste.

**HUNGER SCALE
FINDING THE RIGHT BALANCE**

Avoid extreme eating. You should not let yourself feel starved or overstuffed. Eating mostly in the green zone with light snacking in the yellow and orange zones can prevent red-zone extremes of hunger and overeating.

| | |
|----|--|
| 1 | so starved you're weak or dizzy |
| 2 | extremely hungry and feeling irritable; lots of stomach growling |
| 3 | less famished; hungry enough for occasional stomach growling |
| 4 | mildly hungry—often following a light snack |
| 5 | satiated—feeling neither hunger nor fullness |
| 6 | mildly full with no discomfort |
| 7 | full enough for mild discomfort |
| 8 | stuffed enough for more notable discomfort |
| 9 | “Thanksgiving-stuffed,” possibly with extreme discomfort |
| 10 | filled to the point of feeling sick |

USE YOUR HAND FOR PORTION CONTROL

Moderating portion size can prevent overconsumption. But what is an appropriate portion? After all, most people don't take measuring cups to a restaurant or party.

Here's the hack: Use your hand to estimate portion sizes (estimates are based on the size of an average woman's hand).

Recommended portion sizes:

-  **palm**
(3-4 ounces):
cut of meat
or fish
-  **clenched fist**
(1 cup):
vegetables
or fruits
-  **front of a closed fist** (½ cup):
whole grains and
carbohydrates
-  **cupped hand**
(1-2 ounces):
nuts or seeds
-  **fingertip**
(1 teaspoon):
unit of measure-
ment for butter
-  **thumb**
(2 tablespoons
or 1 ounce):
for peanut butter
or cheese

Group Exercise Highlights

Vaughan

Please add in Kim's Instructor Spotlight (Kick.B.Fit) and/or Bridget's Class Spotlight (Pilates)

Do you want to put more fun and motivation into your fitness routine? Do you need help setting goals that you can actually accomplish? Do you have feedback about the classes you take at the Vaughan? Our Group Exercise Supervisor would like to set aside one on one time to meet with you! It's all in the name of fun and positive exercise experiences for everyone! Contact information is found below.

Eola

Neeta Mohanty is back! Come take her Yoga Basics on Tuesday nights at 7pm. (Instructor Spotlight for March submitted)

Other Fox Fitness Happenings:

Exercise for Better Balance & Strength

Julie Bayer (add her picture) at Prisco (add in her instructor bio and registration information).

Eggercise Fest is BACK!

Vaughan, Eola and Prisco

April 3rd – 9th, 2023

Take any group exercise classes and get an Easter egg from the instructor after class. Inside the egg will be an instant winner ticket for a swag item or a raffle ticket to enter to win a smart scale! Participants can take as many classes as they want during the week-long challenge. The more classes taken increases your chance of winning!



Fox Fitness Sweatshirts

\$25 each (colors may vary)



Quote of the Quarter:

When you focus on the good, the good gets better.